

Family Activities for Monday

On the Move

Going to Visit Family Obstacle Course

Make way to visit family by going over the river and through the woods!

Materials:

- Sofa cushions, pillows
- Blankets
- Soft toys

Instructions:

1. Create an obstacle course in a clear area in your home or outdoors
2. Use sofa cushions, pillows, rolled blankets, soft toys, furniture and other objects to set up obstacles for your toddler to jump over, climb on or through, or wiggle under to get to your family's house.
3. Make a sign at the end that says "Grandma's House" or something like that so your toddler knows when they have arrived!

This can also be done outside using toys, lawn furniture, chalk drawings on the sidewalk or driveway, pool noodles, etc.

Adventures Online

Family Color Hunt:

Join Ms. Caitie as she searches for colors outdoors!

<https://www.youtube.com/watch?v=zn-MGtWJU0k>

As they go on a color hunt in the video have your child find the same colors around the house and tune in and respond to what they look at, do or say.

Sensory Time

Family Helper

Let's work together and make cleaning dishes fun!

Materials:

- 2 Bins
- Soap
- Water
- Plastic dishes, cups, silverware, etc.
- Small towel or dishcloth

Instructions:

1. Put soapy water in one bin
2. Put plain water in the other bin
3. Place dishes in soapy water and let your child "wash " the dishes.
4. Then show them how to rinse the dishes in the plain water.
5. Finally, show them how to dry the dishes with the small towel.

After you demonstrate, let your child explore the soapy water, clean water, and drying the dishes on their own. You can expand their vocabulary by talking through what they are doing, kind of like a sports commentator!

Story Time

The Family Book

Todd Parr celebrates families of all kinds. A wonderful read aloud to point out unique features of different families.

<https://www.youtube.com/watch?v=AyVL9bH0guk>

After listening to the read-aloud, talk about who you have in your family.

Arts and Creativity

Fun Family Songs!

Get your toddler singing and moving with these fun family songs!

“Some Families”

Some families are large (spread arms out wide)

Some families are small (bring arms close together)

But I love my family (cross arms over chest) best of all!

“With My Family “

(Sung to the tune of The Muffin Man)

Tell me what you like to do

Like to do, like to do.

Tell me what you like to do

With your family.

(*Family Member Name-example-Mommy) likes to go (**what the family member likes to do-example: swimming.)

Go swimming, go swimming.

Mommy likes to go swimming

With her family.

* insert family member name

** insert chosen activity